

MORE THE DIGGER

Volume 88, Issue 28

The Voice of the Colorado School of Mines. a Superior Education in Applied Science and Engineering

June 20, 2008



A Message From the President

Dear members of the Class of 2012:

I am delighted to have this opportunity to welcome you as the newest members of the Colorado School of Mines community.

The importance of a college education cannot be overstated. The statistics are well-known. College graduates earn substantially more than non-college graduates -- and the gap between these two groups continues to grow. Also, according to the Bureau of Labor Statistics, 42% of the new jobs in this decade will require postsecondary education. But in addition to these career advantages, a college education provides you with so much more. It is a unique time in your lives to learn about yourselves, and to develop the leadership and citizen-

ship skills -- and the character -- to become valued members of society.

As Mines students, you will be joining a unique learning community. Colorado School of Mines enjoys a global reputation in engineering and the applied sciences, particularly in the development and use of the Earth's resources. No other higher-education institution in the United States has an array of resource-related programs that is comparable in breadth or in international reputation.

What we expect of you is that you will work hard with us for the next four years and participate fully in the Mines community. The work will be difficult -- at times very difficult -- but I encourage you to devote yourself to it. I promise that you will not regret making the effort. I also

strongly encourage you to take full advantage of the many activities available to you outside the classroom, including student professional organizations, intramural and club sports, over 125 student clubs, student government and much more. These activities, and the friendships you make through them, will greatly enrich your college experience.

We live in a complex world providing engineers and scientists with difficult challenges -- from dealing with large-scale natural disasters, to developing new sustainable, environmentally-friendly energy sources, to helping supply the basic necessities of life to inhabitants of the developing world. Colorado School of Mines, with its special mission in the development of natural and

human resources, has a crucial role to play in finding solutions to these and other challenges.

We are delighted that you will be joining us in the fall because you will each make your own unique contributions to the Mines community. You have already achieved significant accomplishments in your lives, and we know you will continue to do so, making us, yourselves, and your families proud.

Welcome to Mines!

Sincerely,

M. W. Scoggins
President



COURTESY CAROL CHAPMAN

Taste of Golden

Photographs: Patrick Beseda, Writing: Zach Aman



WOODY'S WOODFIRED PIZZA

1305 Washington Ave
Golden, CO 80401
(303) 277-0443
www.woodyswoodfiredpizza.com

No visit to Golden would be complete without a trip to Woody's. Every day from 11 am to midnight, Woody's offers an all-you-can-eat pizza buffet, featuring every possible combination of their 23 toppings, 9 cheeses and 6 sauces, for only \$9.19. For those who prefer other cuisine, Woody's also offers fantastic burgers, pastas, sandwiches, strombolis and salads.

D'DELI

1207 Washington Ave
Golden, CO 80401
(303) 279-8020

If you're in the mood for a light and tasty bite, D'Deli is absolutely a must! Nestled right in Golden's downtown strip, this little sub shop features a boatload of choices. With 10 cheeses, 19 topping choices and 12 spreads available, D'Deli can customize your sandwich or wrap with precision and taste. Full sandwiches and wraps are \$7, with half sandwiches for \$5.35. Open 7 days a week from 11 am to 5 pm, D'Deli offers a 10% discount for CSM students.



HARU SUSHI

17525 S Golden Rd
Golden, CO 80401
(303) 279-5231
www.harusushi.com

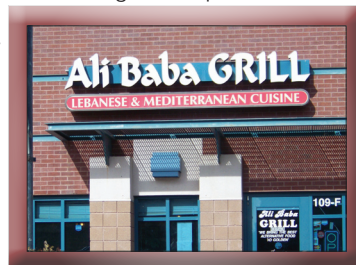
New to the Golden scene, Haru Sushi has instantly become a classic, with standard sushi and Asian cuisine on the menu. From pad thai to orange chicken, this restaurant is sure to please. Lunch prices average around \$10 and dinner around \$15; the "no reservations needed", casual atmosphere is a delight to experience.



ALI BABA GRILL

109 Rubey Dr # F
Golden, CO 80403
(303) 279-2228
www.alibabagrill.com

This international restaurant features an expansive selection, a quaint atmosphere and good service. Entrees range from approximately \$10 to \$15. If you're a fan of Lebanese or Mediterranean food, be sure to stop by; Ali Baba Grill serves up the best gyros in the area.



HIGHER GROUNDS CAFE

803 14th St # B
Golden, CO 80401
(303) 271-0998

A favorite hangout among CSM students, Higher Grounds serves up top-notch bites, meeting space for classes, a musical area for CSM's Anonymous Right Brains (ARB) and the best coffee and tea you've ever tasted. With local artwork adorning the walls, Higher Grounds offers an inexpensive menu and tremendous atmosphere.

OLD CAPITAL GRILL

1122 Washington Ave
Golden, CO 80401
(303) 279-6390

Specializing in American food, the Old Capital Grill is a great place to pick up top-notch burgers, steaks or ribs. Entrees range from approximately \$10 to \$20. Its very casual atmosphere, combined with a killer nacho plate, makes this restaurant a favorite. With parties of 5 or more, be sure to call a couple hours ahead for reservations.



TABLE MOUNTAIN INN

1310 Washington Ave
Golden, CO 80401
(303) 277-9898

If you're in the mood for some western cooking, Table Mountain Inn -- or TMI -- has everything you need. Known for its Pinon Cherry Chicken, TMI offers a very diverse menu with dinner prices ranging from \$10 to \$25. For those of age, be sure to check out TMI's fabulous happy hour, serving up \$4 appetizers, \$3 premium cocktails and \$2 Coors Light drafts.



VOICES OF THE REPRESENTATIVES

Jamie Thorpe: Treasurer

Hi, I'm Jaime Thorpe, the ASCSM Treasurer for the 2008-2009 school year. I'm a junior in Chemical Engineering, with a minor in Public Affairs through the McBride Honors Program in Public Affairs for Engineers. I will be working with students who need to get reimbursed for club expenditures, as well as acting as the Chairperson of the ASCSM Budget Committee, which spearheads the yearly effort to allocate funding.

This next year is going to be an exciting one for the Budget Committee. I am working with the Board of Student Organizations (BSO) in their effort to produce changes in the structure of the budget allocation process. These changes are being made in order to make budget al-

locations more equitable and streamlined.

At the beginning of the school year, the ex-officio members of the budget committee will meet to interview candidates for the at-large positions on the budget committee. Anyone is welcome to ap-

ply, so be on the lookout for an email about it if you are interested in getting involved.

I'd also like to welcome the new freshmen to Mines, and I look forward to working with all of you in the upcoming year.



COURTESY JAMIE THORPE

Amy Dubetz: Board of Trustees

The Board of Trustees consists of seven voting members who are appointed by the governor for four-year terms and a non-voting student representative elected by the student body for a one-year term. In addition, the Board will also include a non-voting faculty representative for the first time. These members must include both Mines alumni and non-alumni and represent both major political parties.

The Board makes decisions about the school's finances, building construction, faculty tenure and promotion, and the general direction of academic programs. Although the student representative does not have a vote on the Board, by voicing the interests of the students, he/she influences how other Board members vote. The student trustee also serves

as a liaison between the student body and the Board, keeping the students updated on what is going on in the school's administration.

As the 2008-2009 Student Trustee, I hope to increase the Board members' awareness of what is going on in ASCSM and other student organizations and get

their support for our campaigns where appropriate. I want to make sure that I am accurately representing the student body at the Board Meetings, which means that I need to hear from you! I plan to keep students informed by publishing a regular update about what's being discussed in the Board. Please contact me with questions, opinions, concerns, etc. etc. about these topics!



COURTESY AMY DUBETZ

CASH FOR BOOKS



**right now is the best time
to sell your books back
at the campus bookstore!**

**your school.
your bookstore.**

Your 2008-2009 ASCSM Executive Officers

President:

Kevin Duffy

Vice-President:

Anant Pradhan

Board of Trustees:

Amy Dubetz

Treasurer:

Jamie Thorpe

Secretary:

Erin Fagan

Parliamentarian:

Chuck Perko

GSA:

Dan Baker

Ways to make your voice heard

- Participate in ASCSM Meetings
- Petition your class officers
- Attend Golden City Council Meetings
- Write a Letter to the Editor
- Read the Oredigger
- Read published ASCSM material
- Submit an anonymous suggestion
- Run for student leadership positions
- Contact your Student Body President: kduffy@mines.edu

FROM THE STUDENT BODY PRESIDENT

...Kevin J. Duffy

Dear Mines Community,

On behalf of the incoming officers of the Associated Students of Colorado School of Mines (ASCSM), I'd like to thank you for the opportunity to serve the CSM community throughout the upcoming year. It is with sincerity and optimism that I look forward to the true potential and honest action that ASCSM can deliver. The benefits of student activism, when placed in the hands of a dedicated, concerned and active population, are immense. The cornerstone has been set by generations before us and it is now our turn to accept responsibility and rise to meet the unequivocal opportunities facing this generation.

As students of Mines, we come from diverse backgrounds that shape the whole of our community. From the freshman year to graduate studies, each student brings a uniquely important perspective to CSM. In order to best serve the students, ASCSM must embrace this diversity by speaking directly to the rich tapestry of thoughts and opinions on our campus.

We are not alone in establishing our endeavor, but rather build on the past work of the generations before us. ASCSM has worked strenuously over the past two years, spearheaded by the efforts of former President Casey Morse and former Vice-President Wendy Brost, to completely revamp the structure of student government. The end result is an organization which brings together students, associations and the community in a comprehensive and promising manner.

Aligning with our efforts is a bold vision set forth by former President Trefny and carried on today by President Scoggins. Their Strategic Plan outlines a comprehensive initiative that will ensure CSM's future success. Through our collective voices, we can work together in promoting CSM's reputation of excellence - on Earth, Energy, Materials and Environment - in all undertakings that carry our name.

Our efforts this year will be

centered on three overlapping, concentric circles of focus. First and foremost, ASCSM will be actively engaged with students, faculty and administrators in working towards a stronger and more cohesive institutional community. Second, students of CSM have the ability to influence policy and decision-making in the institution's home city and we must strive to thoughtfully cultivate each opportunity on this front. Finally, students must continually engage state legislators in the ongoing discussion over higher education funding in Colorado.

ASCSM has numerous campaigns and commitments underway for the 2008-2009 academic year. Comprised of elected representatives, ASCSM has an obligation to maintain the quality of life for the students of CSM and the body will work with Student Activities and the Board of Student Organizations to ensure healthy, sustainable growth in campus programming. Additionally, we will work together in promoting equitable yearly budgets for all clubs and programs.

ASCSM also has an obligation to make sure academic departments remain honest and accountable in their treatment of students. To that end, we will continue to promote a campus culture of student-orientated academic service. This will be accomplished by utilizing current metrics of professor evaluations, in conjunction with feedback systems from department heads and administrators, to provide students with a comprehensive overview of professors in their department.

In addition to our efforts with academic departments, the students of CSM have the chance to lead the university forward in efforts to pro-

mote an environmentally sustainable institution. Much groundwork has already been accomplished in this area. Two years ago, the student body first voted to spon-



COURTESY KEVIN DUFFY

sor an "inter-modal transportation fee." Currently, these funds are employed in providing an inclusive Regional Transportation District (RTD) pass, which allows students to access all bus and light rail serves in the state throughout each semester. In addition, ASCSM is committed to working with innovative campus organizers such as the Student Council on Sustainability, Earthworks, and Engineers for a Better World to ensure that CSM students continue to be at the forefront of environmental solutions.

Above all, ASCSM's efforts will be congruent with the wishes and desires of the student population. This will manifest itself in primary lines of communication that foster accountability, transparency and active promotion of ideals. This will be accomplished, first, through publishing monthly reports which answer the question, "What has

ASCSM done for you?" These reports will contain all the information necessary to empower students in the decision-making process. Further, ASCSM Vice-President Anant Pradhan and I are committed to open feedback and candor. We will both be in the Student Center multiple times each week, addressing the ideas, grievances and suggestions of the student body. ASCSM meetings, office doors, email addresses and phone numbers are always open. If we are not approachable and available, then we are not doing our job.

Students face an inherent level of disillusionment when it comes to city politics, as most are not registered to vote in Golden. It can seem that city politicians look to other constituencies for approval and support. We feel, however, that Mines adds a significant amount of financial and cultural value to the city

and we should not be afraid to leverage this in the political process. Our presence should be both welcomed and expected at all open City Council meetings. With momentous issues, such as city zoning and planning, affecting the future growth of CSM, the students of CSM cannot afford to remain silent. ASCSM will actively promote an agenda of working with the City of Golden while ensuring that the voices of CSM students are represented to Golden politicians.

Because the Colorado School of Mines is a public institution, we must not forget that our current success depends on support from the Colorado State Legislature. ASCSM has recently partnered with the state-wide student coalition, the Associated Students of Colorado (ASC), in order to collectively engage state legislators in a dialogue over the condition

of higher-education funding. Over the past year, such efforts have met success in reducing the cost of student textbooks. Beginning in the fall, ASCSM and ASC will be working strenuously to register students to vote. In order to get our voice heard in the state House of Representatives, we must first work to dispel the notion that "young voters" are uninterested. Together, we can make sure the needs of CSM are being met at the state level.

As the beginning of our 2008-2009 academic year approaches, we sit at the precipice of two distinct, highly discernible paths. One path represents the mundane, status-quo of "business as usual." This path can often be very alluring, because it is finite and foreseeable - its minimal risk is met with minimal reward. On the other side, we have the path of positive action. With the initiatives outlined above, ASCSM has the potential to return unbelievable results for the students of CSM.

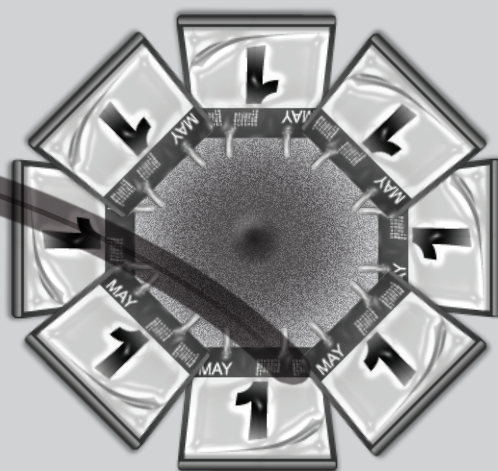
For various reasons, people often become jaded with the idea of student government. When I hear such notions of discontent, I am able only to smile and reflect upon some very wise words I once heard. As students, we have a tool much more powerful than that of enforcement; we have the collective power of the pulpit. That is, to stand proud to the community and proffer our verdict. It is with this strength, with this decisiveness, and with this responsibility that ASCSM will move forward.

I am greatly honored to serve the CSM community in the upcoming year. I ask you now, as members of the Mines community, to move with me as I work to continually earn your involvement and trust in promulgating the excellence that is the Colorado School of Mines.

Thank you,

Freshmen!

Jump into the college experience!
Visit csm-bso.famundo.com
to see the kickoff activity
schedule for CSM student
organizations.



log on and get involved today!

Mines Madness

Traditions and Events throughout the year

Matthew Pusard
Content Manager

As all freshmen will learn shortly here at Mines, college is a whole different animal compared to high school. The academics are stepped up a notch, but so are the out-of-classroom events. There is a mentality at Mines of "work hard, play hard," and this institution has a plethora of events so students can play hard. The following are some of the most notable:

E-Days

First and foremost on any Ore-digger's mind is E-Days, short for "Engineering Days". "E-Days started out as a career fair in the early 1930s," explains former E-Days organizer Bruce Bugbee. "The students who helped start it wanted an event to showcase their engineering talents to potential employers and each other. Over the years it has evolved into a celebration of all things Mines and a big release for the students."

In recent years, a typical E-days, which usually occurs in early April, has been kicked off by a high-powered fireworks show on the football field on Thursday night. The show is set up by a combined effort by professionals and by certain trained Mines students. The fireworks are followed by a kickoff party/dance immediately afterwards.

The next day, Friday, which is a school holiday, starts off at 9 AM with an Ore Cart pull that eventually ends up at the State Capitol. Chipotle is served to all participating students, T-shirts are handed out, and the governor gives his annual E-Day proclamation.

The schedule has some flex room from there. The past two

years have seen Deanne Bell from the show "Smash Lab" and Tory Belleci from "Mythbusters" give an entertaining lecture about their respective shows. This is followed by more free food for dinner, a catered pig roast for all students to enjoy.

The day's climax, however, is the concert. The concert is typically performed by a high-energy, well-known band in the field house and is usually a hit with the student population. "In the past we've had the likes of Blink 182 (before they were big), Seven Mary Three, Unwritten Law, Everclear, [and] Flogging Molly," said Bugbee. "I'm pretty sure we had Eve 6 one year too." The school has also brought local band Single File to the school as well as, more recently, Goldfinger and I Hate Kate. At one point, the institution was also in talks with

Other hits of E-Days are the field events. "The field events are one of the most exciting aspects of E-Days," said Bugbee. "We pretty much take over the IM fields and have crazy fun. My favorite have always been the inflatable novelties like the velcro wall and the bungee race." The field events have also included events like a Battle of the Bands, Guitar Hero competitions, and a trebuchet contest for school credit. Additionally, a cardboard canoe race, also for school credit in a design course called EPICS II, is always held on E-Days weekend.

"The Cardboard boat race is one of the most enjoyable events to watch," said Bugbee. "Having both watched it and participated in it, I can tell you seeing a bunch of engineers in freezing water on a sinking boat is hilarious."

The festivities typically wrap up Saturday afternoon with a comedian. In the past, comedians like Adam Hunter, Alexandra McHale, and Owen Smith (from the show "Everybody Hates Chris") have performed in front on a large crowd in Bunker Auditorium.

"I feel the best part of E-Days is the energy that everyone feels during the weekend," said Bugbee.

"There is a buzz about the entire school when it is E-Days. Some party, some don't... but everyone forgets about school that weekend and has a great time. The events are always a good time... and normally free."

M-Climb

It is not every day that people get to interact with 100-year-old artifacts, but at the very beginning of college, every Mines freshman

will. On the very first day of school, when no actual classes are held, freshmen embark on a journey up Mount Zion to the "M", the school emblem which can be seen for miles when it is lit up at night.

There is a little preparation needed to take part in this rite of passage, though. "All incoming students are asked to bring a 10 pound rock from their hometown," explained the Director of Student Activities Derek Morgan.

Freshman carry these rocks and wear their class-issued school hardhats as they hike up the mountain. At various checkpoints along the way, the students are stopped by Blue Key volunteers. Only after the students chant the school fight song are they allowed to continue on their way. Students are also issued water throughout the hike, both in the form of water balloons thrown by upperclassmen who woke up for the occasion and in the form of cups handed out by the Blue Key volunteers.

Eventually, the experience concludes at the top when every freshman arrives with rock in hand. The rocks are placed on the "M" and barrels of whitewash are brought out. From here, a giant whitewash fight amongst the freshman class ensues which is visible down below in Golden. Students dip their

hardhats into the whitewash barrels to paint the rocks as well as their classmates. After the whitewash runs out, the class is bused back down the mountain to continue on with their introduction to Mines.

The circle of life is completed every spring during graduation when the graduating seniors go back up the mountain to take a rock back down with them as a symbol of their completion of college.

"I can say that it is a great event for our campus and everyone seems to enjoy the experience," said Morgan of the M-Climb tradition.

There are also other activities to initiate students with their new brethren, designed to help students meet each other. "We will definitely have a Qdoba burrito party, a BBQ catered by Bennett's, several comedians and movies, and the Casino night," said Morgan.

Homecoming Incoming students have seen homecoming on the high school level, but the festival is grander on the college stage. While an important home football game is a cornerstone of every homecoming celebration, the college level includes a parade celebrating the alumni coming back to Mines. "What I love about Mines is the awesome parade that takes place here," said Morgan. "The floats that the students build are amazing, the band is full of energy, and the town really comes out to support the school." The parade has had a wide array of themes, including "Mines Around the World" and Pirates.

But there is more to the festival than these finale events. "In addition to the Homecoming parade and football game on Saturday, there will be various events on Thursday and Friday including a comedian, events on the intramural fields such as Powder Puff football, a concert, a chili cook-off and BBQ," said Marie Hornickel, the Assistant Director of Student Activities.

Homecoming this year will fall on October 3rd through 5th.

Winter Carnival

One of the big advantages of going to Mines, besides its top notch college education, is its proximity to the mountains. Hikers get to enjoy this advantage during the spring, summer, and fall while the skiers and snowboarders have the time of their lives every winter.

Every ski season, the Blue Key organization on campus organizes a day of skiing and snowboarding at one of Colorado's renowned slopes, Eldora Ski Resort.

CONTINUED ON PAGE 5

"I can say that [the M-Climb] is a great event for our campus and everyone seems to enjoy the experience."

- Derek Morgan, Student Activities Director

Rise Against about performing for E-Days.

"Flogging Molly was a really good live band," said Corey Jones, a senior in Metallurgy and Materials Engineering of the 2007 concert. "I never listened to them before the concert, but liked the concert enough put them on my playlist for many weeks afterwards. I stood right next to the speakers too so my ears rang for the next three days."



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FEATURES

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College-Town Properties

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CONTINUED FROM PAGE 4

Hitting the slopes can be a costly endeavor, especially on a college budget, so the organization sells tickets to students for the carnival at a fraction of the retail price.

The carnival includes transportation to and from the resort for all participating students, a free lunch, and team events such as snow football and human bowling. Students even receive a T-shirt commemorating the event, as is the case at many school events. College students can never have enough spare clothing.

Minor Events**Rush Week**

Every year, the Greek houses on campus hold a recruitment week to replenish the house after graduating seniors have left. "The fraternities and sororities will hold recruitment activities the first week of classes (August 17-23)," said Derek Morgan. "I don't have a schedule of events yet, but they typically include opportunities for new students to meet the current members (game nights, field trips, meals, etc.). Over the past 5 years, there have been an average of 130 students that join the Greek Community in the fall. Currently 14% of the campus is a member of the CSM Greek Community."

Parents Weekend

On October 17th through 19th, Mines will be hosting a weekend for parents to come to campus and visit their students to see how everything is coming along in their college experience. Comedian Vic Henley will be coming to campus to perform for the students and parents.

Movie Nights

Every Thursday, the school shows a movie in the ballrooms of the Student Center. It is typically a recent movie that is just about to be released on DVD. In the past year, some of the most notable movies shown have been Spiderman III, Pirates of the Caribbean: At World's End, and Superbad, the latter drawing nearly 300 students. The movies are free and students are served complimentary popcorn and 50 cent sodas. The movies act as a great cool down from common hour exams.

Friday Afternoon Club

Every other Friday, the school brings in an act, typically a comedian, to start off the weekend the right way for students. Many of the comedians have appeared on television in some capacity and perform for an entire hour starting at 5:00 PM. Students are served complimentary food and beverages during the performance in the Student Center. A few of the comedians have become big after visiting Mines, including Josh Blue, the winner of Season 4 of "Last Comic Standing", and Dane Cook.

Off Campus Activities

There is a lot going on in the city of Denver and Mines encourages its students to go out and visiting the city by selling discounted tickets to students for various events. In the past year, the school has offered tickets to a performance of "Spamalot", an Avalanche playoff game, and the Blue Man Group at half of the normal price. The school has also offered \$2 tickets to both Colorado Rockies games and the Denver Art Museum. Events for the upcoming year have not been planned out as of yet, but tickets to a showing of "Avenue Q" are likely to be sold in September.

For students who would like to help plan some of the various events around campus, the Mines activity Council is looking for volunteers to participate on its committees this upcoming year. Marie Hornickel states, "If you are interested in joining a MAC committee and would like more information, please contact Jessica Bowser, MAC President, at jbowser@mines.edu, or Marie Hornickel in the Student Activities Office at mhornick@mines.edu, 303-273-3970."



Around the Campus: Counter-clockwise from left: Booths at the Celebration of Mines, fireworks at E-Days, students standing outside the capitol building during the Ore-cart Pull, freshmen waiting for white-wash at the M, the CSM Marching Band proceeding down Washington Avenue.

PHOTOS COURTESY OF NICK SUTCLIFFE, ANDY SUDERMAN, PATRICK BESEDA, AND MEAVE HAMM



HIKING ACROSS GOLDEN

Neelha Mudigonda, Staff Writer

Colorado is well-known for its scenic beauty, which provides us with several outdoor activities such as skiing, hiking, and mountain-biking. Living in Golden makes it possible for residents to conveniently access many of these hiking and biking trails that are close to town. Here are some interesting trails in the area.

matthews / winters park trails

Located just south of I-70 at the Morrison exit and close to the Red Rocks Amphitheater, the Matthews/Winters Park Trails consist of three trails - the Dakota Ridge Trail, Red Rocks Trail, and Morrison Slide Trail. The park contains a total of approximately 8 miles of trails.

dakota ridge trail

This trail is more familiar to mountain-bikers than hikers because of its rolling sections and technical loops; it also provides great views of the Eastern plains as well as the Red Rocks in the West.

red rocks trail

Adjacent to the Red Rocks Amphitheater, this trail starts out in the midst of meadows. The trail begins above a creek, where many native species of birds and insects are present. The plains and the meadows are good for beginning hikers. Also, the exposure to sunlight on this trail makes it welcoming even in the midst of winter. People often go horseback riding on this trail as well.

morrison slide trail

With its steep rocks and narrow dirt paths, Morrison Slide trail easily attracts both climbers and bikers. The hogback in the Matthews/Winters Park Trails separates the mountains from the plains. To the east of the hogback is the Dinosaur Ridge Visitor Center, another attraction to visitors; furthermore, the hogback is the center of wildlife views in the area.



Giddy-up! The Matthews/Winters Park Trail system offers terrain for horseback riding, hiking, and biking.

chimney gulch trail



ALL PHOTOS: NEELHA MUDIGONDA / OREDIGGER

Up the chimney. Beautiful views greet hikers at the top of the Chimney Gulch Trail.

A couple of access points to this trail are from Lookout Mountain west of US 6 and the roadside parking on US 6 eastbound from Highway 58. This trail is a major attraction to mountain-bikers and hikers who like to challenge themselves with intensely elevated heights. The Chimney Gulch Trail climbs 2000 feet in a relatively short distance of 2.5 miles from US 6 to the peak of the Lookout Mountain, taking its visitors through grass prairies and pine forests, and to streams and creeks. The gulch gets its name from

the fast moving wildfires in the area, which explains the natural vegetation that grows in the area. "I see deer up on Chimney Gulch every time I bike up there," a local mountain biker recalled. "Going late in the afternoon is the best time to go," said another biker. "That's when the trail is the prettiest." The tourist attractions at the top of the trail include Buffalo Bill's Grave, the Boettcher Mansion, and the Lookout Mountain Nature center, which is located at the summit of the mountain where the trail ends.

south table mountain

South Table Mountain is located just southeast of Golden with an intriguing formation history. Its highlight is its cap, formed of basalt from ancient lava flows. An access point to hike South Table Mountain is in a neighborhood at the end of 19th street. The curvy path makes the hike easier because of the lack of rapid elevation gain, but

path gets rockier and steeper towards the summit. South Table Mountain is renowned for the view from the top. Hikers are well rewarded with an amazing view of Golden and its surroundings as well as the mountains. "The hike is well-worth the view of the city," said a hiker. "The view of the sunset from the very top is the best."



Bird's eye view. The view of Golden from the top of South Table Mountain is worth the climb.

apex park

Starting at the Heritage Square parking lot, Apex Park is approximately an 800 foot climb between the parking lot and Lookout Mountain road. One of the trails of the Apex Park runs parallel to the Chimney Gulch Trail, making the Chimney Gulch Trail and the Apex trail close neighbors. The park consists of all levels of difficulties for hiking and biking. Many horseback riders as well as visitors who come to enjoy the scenery are often present on the easier hiking trails.

The view of the snow-capped mountains in the background is a treat for many of its visitors. One of the most popular routes that the mountain bikers take is the Apex Trail West to Apex gulch, which in turn leads to the Pick n' Sledge trail and the Grubstake loop. This route climbs uphill for approximately 2 miles before meeting the Enchanted Forest.



At the Apex. From Heritage Square, hikers can embark on a 800 ft climb.

enchanted forest trail

Mountain-bikers who seek more adventure and difficulty and want to return to the foothills rather than continuing uphill choose the Enchanted Forest path. This path is "hard and known for its rapid drops; sometimes, the mudslides make it even harder," said a biker.

What is the Outdoor Recreation Center?



By Sarah Hinnegan and
Cameron Frisby

The Outdoor Recreation Center (ORC) is an awesome resource for anyone even slightly interested in having fun. From going on crazy trips to foreign countries to simply renting a kayak for the weekend, the ORC offers a wide variety of opportunities to the student body.

As freshmen, we have each had some amazing adventures this year thanks to the experienced staff at the ORC. From exploring the wild of Colorado to vastly improving our technical skills, we both took full advantage of the resources available here at Mines. We feel that the ORC is an integral part of the campus community, so here is a little bit more about our outdoor adventures to give you an idea of what awaits you.

Whether you are just starting to get into outdoor activities or you are an old pro, the ORC is a great place to learn new skills. In the process, you will inevitably meet other outdoor enthusiasts. So after you go on a rock climbing trip and want to head out on your own, you will probably have four or five climbing buddies eager to tag along.

If you want to plan your own expeditions, we have plenty of gear at the ORC that will surely meet your needs. Camping, hiking, climbing, biking, fishing, and sports gear can be rented for up to a week. Additionally, we have acquired an enormous amount of guidebooks, maps, videos and magazines to help you with all kinds of outdoor activities.

Cameron:

"One of the main reasons that I came to Mines was so I could play in the backcountry more, so once I found out about the ORC I quickly became attached. After going on several trips and spending a lot of time at the climbing wall, I thought that the ORC would be a great place to work. When they started hiring I submitted my application, and now I work as a Trip Coordinator and a Climbing Wall supervisor. Over the year I have learned incredible amounts about everything related to the outdoors, from ski tuning and avalanche awareness to mountaineering and ice climbing. The ORC has been a great place, and next year it will only get better."

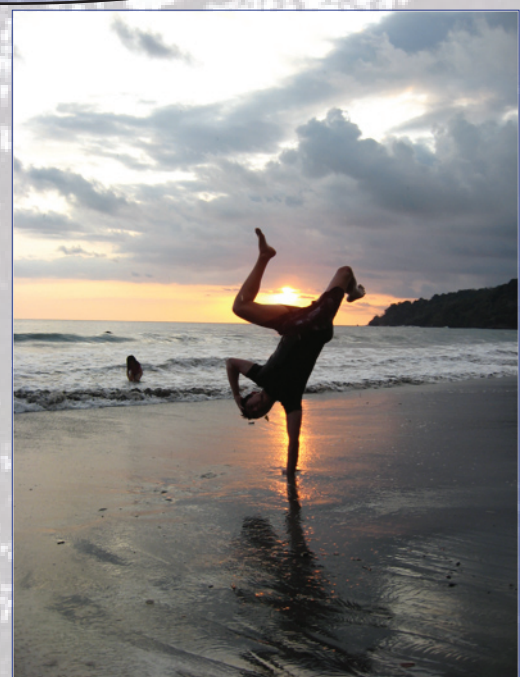


Sarah:

"As a Colorado native, I have always enjoyed the outdoors. The first trip I took with the ORC at Mines was a short day hike up South Table Mountain. It was easy to see how fun and knowledgeable the staff was, so when a job opportunity came up I was eager to apply. Since then I've had the opportunity to plan and participate in many great trips including ice climbing along Clear Creek, snowshoeing in Roosevelt National Park, surfing in Costa Rica, and many more. Every day that I work here I get to meet and hang out with people who are completely psyched about getting outside and taking advantage of all the great things that the ORC and Golden have to offer."



ALL PHOTOS COURTESY ORC



The climbing wall, a new addition to the ORC, has maintained a constant crowd of climbers all year. If your favorite crags are covered in snow or you simply want to learn the basics, the climbing wall is a great place to be. With free technique and belay classes offered every week, beginning climbers can learn quickly. Use of the wall is free for all students and gear is available at discounted rates.

If you are looking to enjoy Colorado's natural beauty with cool people during the school year, then you belong at the ORC. Upcoming trips include backcountry skiing, backpacking, and rock climbing. Don't forget to stop by and have a look at the trip calendar when you arrive at Mines!

THE DENVER MUSIC SCENE

Tim Weilert, Content Manager

Venues:

General Information:

The Denver music scene would not exist if it were not for the tireless efforts of bands, promoters, and venues. Most music venues in the mile high city are also historical landmarks, renovated with modern equipment, but still paying homage to their roots.

Downtown Denver:

The Marquis

Among the bars and clubs of downtown sits an all-ages venue that has played host to some of the hottest bands from across the country. The Marquis, a venue operated by promotions company Soda Jerk Presents, features a separate bar and pizzeria so that concertgoers of any age can have a good time. While the venue is rather small, especially when compared to other Denver music outlets, the intimate setting allows for fans to experience bands in a way that is not possible at larger concert halls. Featured acts have included mewithoutYou, Sherwood, Saosin, and many other bands popular to the “MySpace generation.”

The Denver Center for the Performing Arts

Home to ten performance venues and over 10,000 seats, the Denver Center for the Performing Arts is one of the mile high city's gems. Performances at the center occur every week and range from opera and classical music to Broadway productions. Students at the Colorado School of Mines have been given opportunities to experience productions, such as Spamalot, and concerts by the Colorado Symphony Orchestra at discounted prices. Whether you're on a date, or just want to dress up for a show, the Denver Center For the Performing Arts is a classy venue for enjoying the finer parts of society and culture.

Capitol Hill:

The Fillmore Auditorium

This historic venue on the hill has a colorful history and has played host to some of the world's most famous acts. Built near the turn of the 20th century, the Fillmore underwent many changes until the current owners decided to model it after the famous San Francisco music venue. As one of the largest venues in Denver, the Fillmore has hosted Feist, Rise Against, Brand New, Motion City Soundtrack, and other bands that have become popular on both mainstream radio and television. Concertgoers should expect to pay more for tickets to Fillmore shows, but oftentimes the extra cost is worth seeing some of the most popular and innovative groups performing today.

The Ogden

Another historic venue on Capitol Hill, the Ogden was built in 1913, used for performances and movie showings until it came under new ownership in 1993. At that point the venue became a hot spot for concerts. The Ogden boasts a classic theater design with balconies and a tiered main general admission area. Concerts for the venue are moderately priced and it has featured the likes of Green Day, Ben Harper, Allman Brothers Band, Blink 182, Smashing Pumpkins, and the Goo Goo Dolls.

Golden/Morrison:

Red Rocks Amphitheater

The ancient sandstone monoliths that form the natural amphitheater at Red Rocks have provided an awe-inspiring venue for musicians for over 100 years. The current configuration of Red Rocks came about when Franklin Roosevelt and his “New Deal” plan created the Civilian Conservation Corps, who developed the mountain area into a working performance center during the 1940's. As one of the best outdoor venues in the world, Red Rocks has seen the The Beatles, U2, The Fray, Muse, and many other historic acts. The 2008 concert season at Red Rocks includes the Foo Fighters, The Police, Death Cab For Cutie, and R.E.M. While tickets to Red Rocks shows usually start in the low \$40 range, the park can be visited for free when there are no events happening.

Bands:

General Information:

In recent years the Denver music scene has become more prominent on a national and world level. While some Denver-based bands, like The Fray, have found mainstream success, there are countless other bands that are bound to be the “next big thing.”

The Heyday

The fresh faced musicians that compose The Heyday play in a fashion that is similar to The Format or Limbeck. While they have not hit national charts or mainstream radio yet, The Heyday have toured extensively and worked hard to develop their upbeat sound. Dave Herrera, music editor for Denver's entertainment magazine Westword, called the band “the next generation Fray” after only a handful of shows. With ambitious plans of touring all summer in support of their newly released self-titled album, The Heyday are on their way to spreading their fun-filled concert experience across the country.

Single File

While the three members of Single File were in high school they began playing music together as a jazz trio. This didn't last and soon enough they had moved to separate parts of the country to pursue their own interests. However, they reunited in 2003 and branched out in a new direction. Single File brought their unique brand of pop-punk to CSM in 2007, during the E-Days Concert. At that point they were beginning to break out. Soon after they signed a record deal with Reprise Records and released their EP No More Sad Face. With their EP and hit song “Zombies Ate My Neighbors,” Single File are going on the road this summer with the Warped Tour.

The Photo Atlas

In recent years, experimental dance music has become an increasingly popular part of the Denver music scene. Leading this movement is a group of four guys who call themselves The Photo Atlas. A blend of Bloc Party and At The Drive-In, The Photo Atlas have played national tours and festivals in support of their album No, Not Me, Never, available from Stolen Transmission Records. Most recently, The Photo Atlas played at the Bamboozle Festival in New Jersey and SXSW in Austin, Texas. This summer they are going on tour again, but will return to Colorado for the Monolith Festival at Red Rocks in September.

Flobots

“There's A War Going On For Your Mind,” the first track on the Flobots breakthrough record Fight With Tools, showcases the group's socially conscious approach to hip hop. With a fresh mix of guitars, horns, and lyrics, this group has recently caught the attention of major record label Universal Republic Records. Their song “Handle-bars” has seen national mainstream radio play and they regularly sell out shows across the country. However, the Flobots have not let success change their cause. From www.flobots.com, “Not only did [Universal Republic Records] want to release Fight With Tools untouched, but they were excited to help us continue to integrate music, activism, and community-building.” The Flobots have definitely put Denver on the map for hip hop, a sentiment echoed by Chuck D. from group Public Enemy. “We played Boulder, Colo.,” said Chuck D., “the opening band were a great group named the Flobots who, along with some great musicianship and rhyme flow, set the stage well with political commentary.”

Fear Before The March of Flames

While the Denver music scene has seen quite a bit of change along with new sounds and acts, one thing has remained constant: quality hardcore music. Through the years Denver has shown itself to be a place that loves the heavy hitting sound of hardcore musicians, but has also been a major player in the post-hardcore and experimental scenes. Fear Before The March of Flames has become a nationally successful post-hardcore band. They have released three albums on Equal Vision Records and toured with the likes of Poison The Well, Saosin, The Blood Brothers, and Bear Vs. Shark. Their sound is a mix of heavy guitars and heavier vocals. Live, Fear Before The March of Flames can get an entire venue moving with moshing and head-banging in a fashion that is reminiscent of some of the first punk and hardcore bands.

3OH!3

One part Lil Jon, another part Beastie Boys, 3OH!3 have brought their unique style of crunk-rap and hip-hop to Denver. The duo, composed of Matt Motte and Sean Foreman, got their start in Boulder, but have branched out nationally and will be appearing on the 2008 Warped Tour. Their tunes are catchy and entertaining, while their beats are excellent for dancing or partying. Although their style of music might seem like a better fit in a city such as Atlanta, they have found a solid fan base in Denver. Perhaps part of their success has been their ability to turn heads and cause people to stop and listen. 3OH!3 have a self-titled album to their credit and a creative hand signal that represents the Denver area code.

TECH BREAK

... with Ian Littman

School time: what a freshman needs

First off, let me offer a hearty welcome to all incoming Mines freshmen. Second, let me tell those freshmen that their lives at Mines will be much easier with the proper technology than without it. Your current calculator should be just fine (TI-83 or above) but you're going to need a computer. Allow me to help.

There are three ways to go here: use what you've got, get an all-purpose laptop, or go small. No matter what, grab a copy of Microsoft Office 2007 (or 2008 if you're using a Mac) to put on your system, unless you're fine with doing things the slower way with the free OpenOffice.org suite. You get an educational discount on Office (available at places like www.academicsuperstore.com or our very own bookstore) so the pain of purchase isn't that bad. If you're strapped for a budget due to having a Mac, Apple's iWork suite is serviceable, though I prefer Office.

One quick thing: Dell and Apple, as well as many other vendors, offer educational discounts. E-mail me (ilittman@mines.edu) or call the bookstore for help on this.

1. If you already have a computer that was made in the last

two and a half years, and you paid upwards of \$700 for it, and it's a laptop, you should be fine. For best results, back up your stuff, then restore the computer to its original state. Then update the computer until current, install your software, and restore your files. This way you don't have to mess with technical issues during the school year caused by an laggy Windows installation. If you have a desktop computer, see item #3. You'll want some sort of laptop. If your laptop is older or cheaper, you'll want a new one, see item #2. Trust me, you don't want a poor computing experience when you need to crank out some paper or other computing necessity.

2. Buy one laptop for everything. You'll want a unit with a 14- or 15-inch screen; 17-inchers are hard to cart around. A 13-inch laptop is okay too, just be advised that you'll be staring at smaller text and graphics on your main rig. As to specifications, buy something that costs at least \$600, before taxes; anything less and you'll be upgrading next year. Good choices include Lenovo's IdeaPad Y510 (Lenovo bought IBM's computer unit: IdeaPad = ThinkPad for consumers) and Dell's Inspiron

1525. A good place to buy the IdeaPads is www.newegg.com. To save a few bucks, you can buy Dell computers slightly used at outlet.dell.com. Make sure that, whatever you do, the computer you get comes with at least a 6-cell battery and uses an Intel processor. Anything less and you'll have either subpar performance, lousy battery life, or both.

If you can afford more outlay for a computer, the higher-end IdeaPads are still fine choices. Or, get a Dell XPS M1530 (or M1330 if you want to go smaller). If Dell is offering you a warranty rolled into a higher-end configuration, you should probably take it; laptops can get achy-breaky sometimes.

If you have your heart set on an Apple product, make sure to budget for adding Windows (and, preferably, a tool like VMWare Fusion to run Windows and Mac side by side) to the mix unless you want to take a long walk to the computer lab for some tasks; some programs you'll use just aren't Mac-compatible. Beyond that, you'll be using a Macbook unless you (or your parents) are filthy rich, in which case a Macbook Pro may be in order. But before you buy, head to the Refurbished section of Apple's website; you can net some good deals that might mean the difference between a Macbook and a

Macbook Pro, albeit the lower-end of the latter. Unless you're really attached to the Mac, I wouldn't get one due to price concerns, but then again I own two computers from those folks.

3. Go small. If you have a reasonably capable desktop computer already, or for some reason think you don't need to do anything but

"productivity" applications, web and e-mail (probably not a good idea unless you don't mind a walk to the computer lab every so often), you may want to pick up

a tiny computer to carry around to class. These mini-PCs, which have sprung up in the last year, are light on power but offer decent battery life, something that's small and light, and a few bucks in your wallet. The better ones include the HP MiniNote and the Asus Eee PC (if you can shell out for the 9" version, you'll thank yourself for it). The smaller-screen Eee PC, which runs a special version of Linux (which isn't too hard to use, even with the not-quite-full-sized keyboard), runs \$400 to \$500. The "Eee 900" and the MiniNote are \$550-\$700, with the higher-end configs being HP models. Of the

various configurations, I'd go with the 9" Eee PC, provided you have a real computer in your dorm room for anything intensive. As with the IdeaPads, www.newegg.com is a good place to buy. Oh, and if you've got money to burn, you might, just might, be able to get away with using Apple's Macbook Air as your primary computer. No,

I'm not kidding. Just budget in the \$100 external DVD burner and a copy of Windows, or find me to get mine (the DVD drive that is). If you want a review of the

Air, go to www.oredigger.net and search for "Macbook Air".

That's it, folks. As a final word of advice, wait until August to buy your computer, maybe slightly earlier (but make sure it comes in time for school!). Intel is releasing new chips that will make your computer purchase a more valuable one, and all the computers I mentioned above should sport them at that point. If you have any questions about getting a new computer in time for school, or about tech in general, drop me a line. Again, my e-mail is ilittman@mines.edu and it gets checked a ridiculous number of times each day.

For best results, back up your stuff, then restore the computer to its original state.

This is a calculator-free zone

Before you buy: know what to look for

Lily Giddings
Design Editor

The first reaction of many students upon hearing that they are headed to the Colorado School of Mines for a high-quality engineering education is that they are going to require a much more powerful calculator. Wait just one second, though: before you go out and spend three hundred dollars on a brand new TI, HP or Casio state-of-the-art calculator, you should be warned that you will have few chances to use it.

Teachers at Mines are aware of the tactic of programming equations and information into the calculator to bypass the need to memorize material that the teacher deems necessary, and they have adjusted to address the issues raised by such a policy. Students are not allowed to use a calculator on any test for Calculus I, II, III, or Differential Equations. Also, the use of graphing calculators is prohibited on the Physics I and II exams and, historically, Chemistry I and II exams.

While, this may seem like cruel and unusual punishment, it doesn't have to be. Stick with the calcula-

tor you already have. You will be able to use this calculator for everything but tests, and if you already have a graphing calculator, it probably has most of the functions you will be using on your homework anyway.

Invest in a cheap, functional scientific calculator to use on tests and learn how to use the trigonometric and logarithmic functions. While you still will not be allowed to use this on a calculus exam, at least you can use it for functions on Chemistry and Physics exams.

Most important of all, don't panic. You can, and will, learn to derive and integrate in your head, or at least without a calculator. Teachers are not trying to make you fail their class; they are trying to teach you skills that you will need and constantly use in your tenure at Mines.

If you absolutely cannot remember how to do a basic integration or differentiation, students in the Calculus classes are allowed to create a notecard covered with equations and helpful hints. As long as you take thorough notes and write an effective notecard, you should not feel the loss of your calculator too deeply.

For practice, it would be ben-

eficial to attempt at least part of your homework without the aid of a graphing calculator. This reminds you, in a low-stress situation, how to do the problem by hand, and you can practice using the scientific calculator to help you in the parts that you absolutely cannot do by memory or by hand.

Bottom line, it's not really such a bad thing that teachers will not allow the use of high-tech graphing calculators on exams. It takes a little more concentration to complete the exams without a graphing calculator, but it's ultimately a confidence boost to know that you can do calculus on your own.

It is time to face the facts: you are no longer in high school, where the teachers are trying to prepare you for the exam and make sure that you pass the class. College teachers are not as concerned with simply helping you pass, because if you can't get the basics then you don't deserve to move on. Technology is no longer a crutch to make up for your shortcomings. If you cannot understand a concept, you must seek extra help from the many opportunities offered by the school, instead of counting on your calculator to get you through it.

CSM student receives prestigious Goldwater Scholarship

Zach Aman
Editor-in-Chief

Many remember Arizona Senator Barry Goldwater for hard-hitting politics, but, for select undergraduate students in mathematics, natural sciences and engineering, the name carries a very different connotation.

Established in 1986, the Goldwater Foundation is a federally-endowed agency that awards scholarships to outstanding students throughout the nation. Nathan George, a senior Chemical Engineering major at the Colorado School of Mines, was recently named a recipient of this prestigious award.

"I feel honored," said George, "but mostly indebted to my mom. She's the one who found out about the scholarship and made me apply for it. It was a decent amount of work I had to put in, but definitely worth it. Other people here could definitely get this scholarship, too. I think most people just don't know about it."

After graduation from CSM, George said he plans to pursue

a Masters and, eventually, Ph.D.

"Goldwater Scholars have very impressive academic qualifications that have garnered the attention of prestigious post-graduate fellowship programs," said Dr. Kay Godel-Gengenbach, Director of International Programs at CSM.

"The Goldwater Scholarship is the premier undergraduate award of its type in these fields."

According to Godel-Gengenbach, "the one and two year scholarships will cover the cost of tuition, fees, books, and room and board up to a maximum of \$7,500 per year."

"On behalf of the Mines community, I am proud to extend well-deserved congratulations to Nathan for receiving this very prestigious award," said Dr. Myles "Bill" Scoggins, President of the Colorado School of Mines. "Nathan's hard work and impressive academic achievements at Mines will serve him well in his post-graduate career and I wish him the best."



COURTESY NATHAN GEORGE

COOKING CORNER

Cut 'em out and use 'em

Bacon and Eggs

Serves: 1
Time: 6 min.

Bacon – place slices of bacon on a plate covered with several layers of paper towels, cover with a paper towel, microwave 2 – 4 minutes or until desired crispness.

Eggs – stir an egg into a bowl, cover with a plate, microwave for no more than a minute (can blow up – watch it!).

~ Sara Post, Managing Editor

Chocolate Chocolate Chip Tofu Cookies

Makes 3-4 dozen
Time: 40 min.

“Wet” Ingredients

- ½ cup canola oil
- 2 eggs
- 1 package (14-16 oz) tofu (soft, medium, firm, and silken should all work)
- ½ cup applesauce (optional)
- 1 cup sugar
- 1 cup oats

“Dry” Ingredients

- 2 ½ cups all-purpose flour
- ½ tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- ½ cup cocoa powder
- ½ tsp each: cinnamon, cloves, allspice (optional)
- 1 cup chocolate chips

Preheat oven to 350 degrees.

Combine dry ingredients on a paper plate.

Blend oil, eggs, applesauce (if using), and sugar in a large bowl. Beat for 2 minutes on medium speed. Add tofu and oats, beat until blended. Add all the dry ingredients, beat on low until combined.

Drop batter by tablespoon onto greased cookie sheets, bake for 20 minutes.

Don't let the tofu stop you from trying this recipe – you can't taste it – because these cookies make for a great breakfast or snack on the run. My mom made these for my brothers and me when we were kids, and we still love them. They also freeze well, and you can microwave them on defrost until thawed. You can also freeze the dough, if you form the cookies first, and then just place them on a greased cookie sheet and bake them for about 25 minutes.

~ Sara Post, Managing Editor

Hoagies

Serves: 4
Time: 35 min.

- 4 long sandwich rolls, split
- deli meats
- assorted cheeses, sliced
- mayonnaise
- tomato slices
- “sandwich-cut” pickles
- other assorted sandwich fixin's (no leafy vegetables, they'll wilt and be quite unappetizing)

Preheat oven to 350.

Place preferred ingredients on rolls, wrap individually in aluminum foil, and place on sheet pan. If you don't have much foil, place the sandwiches on the pan and cover them with foil. Place the pan in preheated oven, bake until the sandwiches are hot, 20 minutes. You will then need to let them cool for about 10 minutes, or you'll burn the whole inside of your mouth.

~ Sara Post, Managing Editor

Creamy Microwave Cheese Sauce

Makes: 2 cups
Time: 10 min.

- 1 cup plain yogurt
- 4 oz cream cheese
- 1 cup shredded cheddar
- 1 tbsp butter
- ½ tsp salt
- ½ tsp pepper
- Dash hot pepper sauce

Combine all ingredients in a microwave safe bowl, microwave on high for 1 ½ minutes, let sit for 2 minutes, stir and microwave for another 1 1/2 minutes. Let sit for 2 more minutes, stir smooth. If not completely melted/combined/smooth, microwave another minute and stir.

This recipe was adapted from *The Joy of Cooking*. It is good on eggs, veggies, chicken, fish, rice, and noodles (makes a speedy homemade mac and cheese, just pour over noodles and stir).

~ Sara Post, Managing Editor

Noodle Doodle

Serves: 5-6
Time: 30 min.

- 1 16 oz package of rotini or large shell pasta
- 1 can condensed cream of mushroom soup
- 1/2 can of milk
- 1 can of chunk light tuna
- 1 or 2 cups of frozen peas

Prepare the pasta according to package directions. Drain. Add cream of mushroom, milk, and tuna. Mix well. Microwave the peas until warm. Add to the pasta mixture and combine. Place on low heat (the mixture will be a little too cold to eat), and stir until warm. Serve with crumbled potato chips on top. Enjoy.

~ Sara Post, Managing Editor

A Man's Hot Black Bean Dip

Makes: 4-6
Time: 10 min.

- 16 oz can of refried black beans
- 8 oz container of sour cream
- 4 oz can of chopped jalapeños
- Salsa
- Cheese
- Tortilla chips

Mix the beans, sour cream and jalapenos in a microwave safe bowl. Microwave for 3 to 5 minutes. Mix again. Top with salsa and cheese. Microwave for 1 more minute. Serve with chips.

~ Mike Stone, Content Manager

Chocolate Oatmeal

Serves: 1
Time: 4 min.

- ½ cup rolled oats
- 1 cup milk or water
- 1 tbsp cocoa powder
- 2 tbsp sugar

Combine the oatmeal, cocoa, and sugar in a microwave safe bowl. Add milk, stir until thoroughly mixed.

Cook in the microwave on high for a minute or two at a time, stirring often. If you use milk, keep an eye on the oatmeal while it is cooking. It will sometimes expand over the rim of the bowl, which makes a mess of the inside of your microwave.

Note: Oatmeal is better for you when it's made with water and no sugar is added. But if you ever wake up cold and want something for breakfast that will warm you up in one or two bites, this stuff is the trick.

~ Sara Post, Managing Editor

Banana Cream Pie

Serves 5 or 6
Time: 40 min.

- Prepared graham cracker pie crust
- 1 3.4-oz instant vanilla pudding mix
- 1 banana
- 1 ¾ cups milk

Slice the banana. Place half of the banana slices on the unbaked pie crust. Stir the milk and the pudding mix in a bowl, and then pour immediately into the crust. Let the pudding set up for a couple of minutes, place the rest of the banana slices on the top of the pie, cover, and let chill in the fridge for an hour or so. Serve with whipped cream.

~ Sara Post, Managing Editor

Natalie Wagner, Guest Columnist

Jason Fish, Content Manager

green tips for green college living

Welcome to CSM, class of 2012. We've put together some useful information to make your college experience green, clean, healthy, and fun. On this page you'll find tips about recycling, good eating, adapting to Colorado's climate (for you transplants), and suggestions for changing your lifestyle to be less stressful, more eco-friendly, and efficient. Enjoy your time here in Golden!

First off, there is a common thread in most of nature; everything gets used and re-used by some form of life. There are whole sections of science based on how species evolve in niches - phenomenology (<http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=1691226>). Let's mimic nature and follow her lead. Some great ideas are:

Limiting consumption to what is necessary, as

opposed to what might be cool to have - now that the economy is headed for a recession, this should be easy!

Saving energy by walking around instead of driving everywhere, and turning the lights off and taking advantage of the productivity-increasing natural day light that is so prevalent in our beautiful state.

Buy local produce and materials. You know the drill, and as summer approaches all the great fruit

from southern Colorado is heading to the farmers markets and stores - keep the locals alive!

Minimize waste when you go shopping. Try to get a nice canvas bag, think about extra plastic wrapping, and basically assume that your economic vote will dictate the way of the future markets: buy the things that are sustainable and avoid the ones that create trends of a pesticide, plastic, cancer infested world.

getting around

Walk to school! **Walk** to the grocery store, **walk** to the cafes, **walk** to Coors lab, the bookstore, and local restaurants. **Just walk everywhere.** The health benefits are hard to beat: walking is considered one of the best activities to ensure longer life, better fitness, happier moods, etc. (Ask Cambridge if you don't believe me: http://www.cambridgema.gov/cdd/et/ped/ped_hlth.html) To boot, you save money on gas (and also save on the emissions). If you can't stand walking, or are always late, bikes and skateboards are a great way to get around as well. (If you need a bike and for whatever reason can't afford one, email me: nwagner@mines.edu, and I'll see if I can help.)

Take the bus! Now that CSM has a fully functioning **RTD College bus pass**, use it. Check out www.rtd-denver.com for routes and times. Take it to Boulder on your day off, head to Denver for an afternoon or weekend of culture and fun, or use it to get around in Golden on those windy days that you'd rather not ride a bike or walk around. You already paid for it, might as well get the most out of it.

Bike Share Program: Recently, several student groups on campus have been collaborating to create a community bike share program on campus. Through this program, students will be able to grab a free bike from designated racks, ride them to classes, tests, the grocery store, etc... and return them to other racks, all for **FREE**. This program will be debuting this winter and should be fully operational by next spring. Stay tuned for more updates as you go through your first year at CSM.

living

Natural antibacterial alternatives: We all know now that antibacterial additions to our favorite things like soaps and lotions are screwing us over in the long run, so you can use things like lavender, lemon, jojoba, and thyme oils instead of Triclosan. (<http://www.naturesgift.com/antibacterial.html>)

Allergies are back: If you are a often needing a little help with the pollen to survive, try a little local honey instead of Claritin - take a teaspoon full every day in your tea, on your toast, or straight up for a sugar rush to get through Calc. Additionally, there are tons of herbal (not chemical) aides out there, like stinging nettle, marshmallow root, and quercitin (plant-derived antihistamine).

Add some Green! Bring a little of that good air inside with house plants in your dorm room. All you have to do is add water...

Needing some new items in your wardrobe? **Think eco-friendly fabrics** - instead of opting for the classic herbicide, pesticide, and other chemically drenched cottons (conventional cotton uses more insecticides than any other crop on earth, <http://www.panna.org/files/conventionalCotton.dv.html>) that are so easy to get at Target, the time has come to make a more enlightened choice: think bamboo or hemp fabrics, organic silk, and even reclaimed fabrics - as these are sustainable crops, and don't have all the botanical shortcomings of cotton. These amazing creations are readily available at the following locations: Victoria's Secret, Patagonia, Gaiam Intimates, and more!

Keep track: Start a log of the things that you throw away, and try to see where you can make alterations. (An interesting view on the whole thing can be seen here: <http://www.storyofstuff.com/anotherway.html>).

Bathing: Don't stand in the hot water for 45 minutes before class everyday. It may be your special time, but it wastes water. Cut your shower down to 15 minutes and you'll be saving gallons per day.

Wash for a week: If and when you do finally get around to doing laundry, try to get as much as physically possible into the machine. Washers are more efficient and conserve both energy and water when they are run with larger loads (<http://tva.apogee.net/res/relwovr.asp>).

Electronics: If you're using devices that consume a lot of energy (like your computer, printer, Xbox, TV, phone charger, etc.), plug them into a power strip and then when you stop using them for a day or so (say you go home for the holidays, or camping, or whatever), turn the whole power strip off. This is easier than going through your apartment when you are already late and unplugging everything.

Why do this? Unfortunately, most devices still take in electricity even if they are turned off. Don't believe me? Check here: http://www.berkeley.edu/news/media/releases/2001/02/09_energ.html.

The Jimmy Carter Strategy: Wear a sweater and set the thermostat five degrees cooler while you are in your apartment, and turn the heat down when you leave! (It goes without saying that closing windows on cold days is a wise idea).

More low-cost ways can be found here: http://www.kcc.state.ks.us/pi/simple_tips.htm

Trash bags: Go for the **biodegradable** ones, this way the material you have sent off to the dump will potentially return to soil and be less of a bane of future generations.

eating

Is it Organic? Think about it: things like salt, water, and fish cannot be certified as organic. The rest, like meat and veggies is easy - no pesticides or hormones used in feeding and growing. If you are taking the plunge and spending the extra cents to make this statement, be sure that you are getting your money's worth, "All natural" is not where it's at. (NY Times, http://www.nytimes.com/2006/11/28/business/28fish.html?_r=1&oref=slogin)

Try to stay away from the junk and test out some organic versions of your favorite snacks. Starting cold turkey and moving totally to organic foods is a big step, but sometimes the organic produce is cheaper than the conventional stuff, so take a closer look. (And when you do get groceries, try to use cloth bags - even I forget sometimes.)

The evils of pesticides: Not only will you buy organic support the smaller farmers, but also free you from some of the unknown dangers of pesticides: <http://www.panna.org/>

Are you a conscientious, liberally minded, educated person who is committed to saving the environment but are too lazy to keep the fridge full of anything other than liquor and condiments? Well, I have a solution for you:

Door-to-door Organics. Check out the link (<https://denver.doortodoororganics.com/boxes.php#>), look at the selection, pick a size, have your card ready for the small fee, and look forward to fresh organic fruits and veggies delivered to your door every Wednesday.

Hydrate yourself: Instead of that cup of Joe, make a promise to yourself to drink at least 1 liter of fresh, clear water every day. It will do wonders for you. (I often have to throw something interesting in to stay awake for AM, but tea and honey can do the trick.)

community

Instead of using your nice gear and sneaking in a few runs on beautiful Colorado fall days, try something totally different - **Volunteer at a local farm sanctuary/pet shelter!** There are places like this located all over Colorado (at the very least in places like Boulder and Colorado Springs). Check out <http://muttcats.com/shelters/colorado.htm> for more locations that need your loving time, and you will get great stress reducers in addition to just feeling good for a day.

Think about the trees:

Does your skin get dry? Have you seen your toes lately? Do you even know what lotion is? Or are you one of those blessed individuals who came to Colorado from some humid place and have been slowly peeling away ever since?

Well, no matter what your story is, the trees feel the dryness too. If you are out, enjoying the O₂, give them some water as a form of "Thank You" (<http://www.extension.colostate.edu/4DMG/Trees/guideline.htm>). Deep watering the roots in the winter is really important, and while a lot of students rent, you can talk to the landlord about it.

Save the salt:

While it can be painfully cold, the magnesium sulfates that make the roads all white wreak a little havoc on our ecosystems. I understand that lawsuits abound when there is ice on the sidewalks and roads, and not everyone has crampons or Yak-tracks, but try to get out and shovel the walk before you deal out a death sentence to all those things that live downstream from our little

community.

Think Spring:

Ready for a little new growth, life, and color in your place? Go out and treat yourself to some bulbs (crocus, tulips, hyacinth). They are pretty cheap (\$3 for 10 at places like King Soopers), and you can impress all those "nay-sayers" with your green thumb. They come in pots; just add water (the directions are to add a little water everyday, but test the soil for moistness - if it is really wet, wait a day; if it is really dry, add some H₂O).

Getting out to see the surrounding sprouting - The Clear Creek walking trail has seen some new improvements, and it is pretty much worth seeing to believe it. There is even a new truss bridge to add to the ambience.

Take advantage of the Jefferson County nature trail system (see Hiking Across Golden, page 6). After all, Golden is one of the prime locations for mountain activities. Check them out, and walk away from of your frustrations. A little fresh air and nature can make most bad days seem pretty worthwhile.

Recycling

Use Canvas bags:

Plastic bags are the bane of our generation. It is finally being proposed to charge 10 cents at the grocery stores in Colorado for each little plastic shopping bag (http://blogs.rockymountainnews.com/denver/rockytalklive/archives/2008/02/paper_or_plastic_and_a_dime_1.html#more). These bags have done more damage than politicians could ever dream of accomplish-

ing, even the really evil ones: just ask National Geographic (http://news.nationalgeographic.com/news/2003/09/0902_030902_plasticbags.html).

EHS recycles EVERYTHING:

Do you happen to have an old, broken TV, computer, and nuclear reactor? Well, whatever you happen to have that is taking up space and are too lazy to recycle; the Environmental Health & Safety (EHS) department is there for you. Just bring the item in question by the EHS place, essentially between the Geology museum and the Plant Facilities trailers, and your extra junk will become more wonderfully recycled miscellaneous things. More information on EHS can also be found at <http://www.is.mines.edu/ehs/>.

Join the Oredigger Staff

Dear Incoming Students,

It is our pleasure to welcome you to the Colorado School of Mines. We are sure that you know well the international reputation and celebrated excellence of the school, but we would like to take the opportunity now to introduce you to another feature of Mines. The Oredigger Newspaper is the independent, student-run newspaper of the institution and has been connecting the CSM community for almost 90 years. We print weekly – with over 2,000 copies distributed campus-wide – and throughout the past school year we employed 50 student writers and photographers.

To organizational members, however, The Oredigger community extends beyond scholastic success and social affluence. In this organization alone, students have the opportunity to learn and refine their writing abilities, practice graphical layout and design in professional-level arenas, develop their leadership expertise in a small-group setting and understand, from the inside out, what it takes to run a successful, small business. The evidence of this success is clear; Oredigger student members are intimately involved in CSM's student government, the McBride Honors Program in Public Affairs and numerous professional orga-

nizations and honors societies.

As you plan your college career, we would like to invite you to join this vibrant, exciting community. As we all share the academic load of CSM, we understand that scheduling needs to be as flexible as possible. For this reason, we have designed an innovative organizational structure that allows each student to decide – and refine, when necessary – the amount of time they invest in the organization. Whether it be writing a quick movie review, an extended human-interest piece or a news story, we continually revisit our systems to ensure that students are allowed maximum creative control without feeling burdened.

If you would like to hear more about this opportunity, we would like to formally invite you to our kickoff lunch. The event will be held on Tuesday, August 26 from 12 to 1 PM in Room 241 of Berthoud Hall. Please send a quick e-mail to oredig@mines.edu if you would like to attend this event; we would be happy to address any additional questions you have.

Thank you,

The Editorial Board



STUDENTS - WHY JOIN?

In the institution's introductory course, CSM101, you will be acquainted with the many departments and unique resources accessible to students on this campus. In addition, CSM101 students are asked to join and participate in at least one student organization. *The Oredigger* is the **only** organization that pays students for their work. In addition, you will have the opportunity to broaden and refine your skill set with elements that are considered vital to the engineering community.

Impeccable Writing

There is only one required, writing-intensive class at the institution. At *The Oredigger*, we have designed a multi-tiered editing and feedback approach that can help you refine your craft and enter the workforce with premier writing skills. What's more, we ensure the flexibility to write **what** you want and **when** you want. You can take a couple weeks off or pick up an in-depth feature, whatever fits in **your** schedule.

High Design

All *Oredigger* publications are constructed with Creative Suite 3 on a Macintosh platform. Our unique organizational structure generates a team atmosphere on every project, empowering student designers to flex their creativity in a fun and relaxing environment.

Management Mastery

Whether you would like to learn the methods of leading a team, experience the opportunities of running a small business, or both, *The Oredigger* can give you a distinct and valuable perspective on management.

Interested?

Join us for a kickoff lunch: Tuesday,
August 26 from 12 to 1 PM in
Room 241 of Berthoud Hall.

PARENTS!

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